

3 Job Postings

Contact the CSS Program to find out more about the following job opportunities:

Airport Jobs

Full and part-time positions available in Newark, NJ for Customer Service Rep. retail and restaurant. Flexible schedules (hours/days) and generous health, dental and 401(k) savings plan. HSD or GED required. Applicants must be able to pass a 10 year background check and drug screening.

Loss Prevention Associates/Special Service Associates

The Home Depot currently has positions available for full and part-time associates. Loss Prevention Associates are responsible for detaining and interviewing persons suspected of shoplifting. Key responsibilities include: ensuring the physical security of the store and writing reports that document apprehensions and recoveries. HSD or GED required. Must be able to pass a drug test and background check. Salary is competitive with excellent benefits including medical, dental and vision.

Merchandisers

Jersey City company has immediate part-time positions available for Merchandisers. Merchandisers are responsible for assembling/stocking fixtures, installing point of sale signage and rearranging shelves. The ideal candidate will have at least 2 years experience in retail. HSD or GED preferred, but not required. Salary will be discussed during the interview.

Theatre Openings

Ideal full and part-time theatre positions are now available for those who enjoy people, fun and the movies. Applicants must be able to deliver friendly, helpful, clean and fast service to discriminating guests. Flexible shifts are available. Salary is \$8-10 per hour.

Maintenance

Full-time General Maintenance Worker position available in Newark, NJ. Workers must be able to assist with the upkeep of all facilities on the complex. Requirements for this position include: demonstrated technical skills in carpentry, electrical, heating and air, safety/sanitation issues at a residential facility. Competitive salary (\$13.50/hr) with medical, dental, 401(k), life insurance and educational assistance.

Office Assistant

Immediate opening for an experienced, full-time office person with QuickBooks knowledge. In addition, the ideal candidate will possess excellent communication skills and handle phones and filing. Salary starts at \$13 an hour with benefits. Position schedule is Monday thru Friday.

Would you like to update your current resume, or get started on a new one today? Stop by the CSS Office for information and or/ applications, or call 201.547.3720 (Lafayette Gardens) or 201.547.6691 (A.Harry Moore)

4 Dear HOPE VI Resident

Something new! We want to hear from you!

The CSS Newsletter is adding a new column in the next issue: Resident Point of View. We invite Lafayette Gardens and A. Harry Moore residents to submit information to be printed in the newsletter. Residents can submit updates, questions, concerns, suggestions, etc. You may submit information you want included in the newsletter in the Newsletter Boxes located in the A. Harry Moore Management Office and the Lafayette CSS Office at Booker T. Washington Apts.

5 Did You Know?

You Can Get Free AIDS/HIV Testing, Counseling and Medicines?

AIDS and HIV cases in Hudson County have increased and the hardest hit communities are African American and Hispanic. According to the New Jersey AIDS Partnership project, Jersey City and Newark continue to rank in the Top 10 cities in the nation in the number of newly reported AIDS cases. New Jersey also has the 3rd highest total number of pediatric AIDS cases in the country. The report also sites half of the new cases of AIDS are among individuals 25 years of age and under.

African Americans make up 56% of the HIV/AIDS cases in New Jersey even though minorities only constitute 13% of the states population. Hispanics also account for 18% of the total cases, while making up just 6% of the states population. Minorities represent 78% of the AIDS cases in the state and minority women make up 4 out of 5 female cases. Whites make up just 22% of the total cases. With early intervention, counseling and medicines, it is possible for individuals to live long after the diagnosis.

Jersey City Medical Center offers free counseling and testing. If you or someone you care about may be at risk, it is important that you get the treatment early. If you or someone you know does test positive and is in need of medicines but have no coverage, you may qualify for free medications through the AIDS Drug Distribution Program (ADDP). ADDP provides life-sustaining and life-prolonging medications to low income individuals with no other source of payment for these drugs.

To get an application, simply call 1.877.613.4533 or 1.800.624.2377. Additionally, you can contact Hyacinth AIDS organization at 1-800-433-0254 for free counseling programs and workshops.

Need more information about the programs mentioned? You can contact Kevin Burnett at (201) 547-3721.

6 Development Meetings

So that you can plan ahead, the Lafayette Gardens HOPE VI Task Force meetings are generally scheduled every second Thursday of the month at the Lafayette Senior Living Center at 6:00 p.m.

JAN 8 | FEB 12 | MAR 12

The A. Harry Moore Community meetings are generally scheduled every fourth Wednesday of the month at the RMC Board Room, 324 Duncan Avenue, 2nd Floor at 6:00 p.m.

JAN 28 | FEB 25 | MAR 25

7 Help is Available for PSE&G Bill!

As we are all aware, we are living in uncertain economic times. Many families are experiencing financial hardships and facing very challenging circumstances. The Low Income Home Energy Assistance Program (LIHEAP) helps low income families pay their heating bills through home heating energy assistance grants and crisis grants.

Due to an increase in Congressional funding for 2009, there have been some program enhancements including increasing eligibility income limits and increasing gas heating and oil fuel grant amounts for families. The deadline for the application intake has also been extended to April 30, 2009.

The income guidelines to qualify for LIHEAP are as follows for the Fiscal Year 2009:

Household Size	Monthly Gross Income
1	\$1950
2	\$2625
3	\$3300
4	\$3975
5	\$4650
6	\$5325
7	\$6000
8	\$6675
9	\$7350
10	\$8025
11	\$8677
12	\$8854

For each additional household member over 12, add \$177

Applications and information about LIHEAP and other energy assistance programs are available at any PSE&G Customer Service Center (the Jersey City office is located at 3 Path Plaza, Journal Square Transportation Center), or by visiting the English/Spanish website at www.pseg.com/billassistance.

8 Jersey City Events

Afternoon Delight at Jersey City Museum: New Vintage
January 16, 2009
1:00 pm. Free!

Join us for an afternoon of gospel music as Eller Weas Little and NewVintage make their triumphant return to Jersey City Museum. Eller Weas Little was born in Whiteville, NC, and migrated to Hoboken, NJ in 1956. She joined The Spellbinders in the 1960s, and performed in such prestigious places as the APOLLO Theatre in Harlem and The Regal in Chicago. The Spellbinders opened for the Manhattans, Wilson Pickett, and many more.

Individuals and senior groups can call Jersey City Senior Affairs for transportation at 201-547-4361.

201-413-0303
350 Montgomery St
<http://www.jerseycitymuseum.org/index.cfm>

9 Senior's Corner

Most seniors can remember a time before their family purchased a television. The first commercial sets hit stores in 1928, but it took over a decade for them to become household items. And even 20-somethings can recall life before every public gathering was interrupted by someone's cell phone belting out pop music. But two organizations are worried about our elders' access to mobile phones and television.

A recent U.S. News article reports that cell phones can be a lifeline for seniors living alone. A single button push can connect anyone who has experienced an accident, a sudden health problem, or a crime situation with help. The nonprofit Seniors Coalition says that older consumers can best take advantage of the "cell phone security blanket effect" by wearing a cell phone whenever it's not being charged—even around the house—and preprogramming the phone with key numbers to emergency services and their doctor, pharmacy, and adult children. Seniors who plan to use the phone only for emergencies can avoid pricey cell phone contracts that start at \$30 to \$40 per month by using low-cost prepaid cell phones for as little as \$15 and pre-purchased minutes for \$20 or less for three months. U.S. News technology blogger David LaGessee recently tested four cell phones for seniors.

"Older Americans and their adult children owe it to themselves to get an inexpensive prepaid or other cellphone and then to use it as a literal lifeline in emergency situations," says "Grandma" Flora Green, national spokesperson for the Seniors Coalition. "In some cases, it can literally make a life-or-death difference in the case of an accident or a case of crime."

The nation's transmission of television signals will switch from analog to digital on February 17, 2009. Another group, the National Association of Area Agencies on Aging, at its annual conference addressed how this change will disproportionately affect the elderly.

Seniors who watch free, over-the-air broadcasts and want to continue to get shows will have to upgrade to a new digital television, subscribe to cable or satellite TV, or purchase a digital converter box to attach to the existing television for \$55 to \$75. Discount coupons for \$40 off the price of a converter box are available from the government. For additional information, contact Kevin Burnett at (201) 547.3721.

10 CSS Office Information

Lafayette CSS Program: open Monday through Friday from 9 a.m. to 5 p.m. and Wednesdays until 7 p.m.

A. Harry Moore CSS Program: open Tuesday through Thursday from 9 a.m. to 5 p.m.

Lafayette Gardens CSS Program

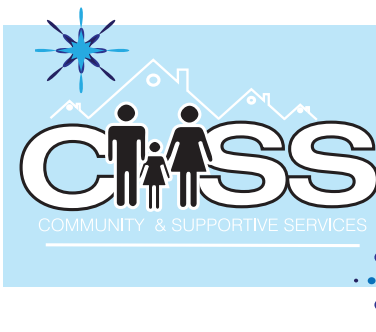
60 Fremont Street
Apt. 325
Jersey City, NJ 07302
Phone: 201.547.3720
Fax: 201.547.3838

Cathy Negron, Relocation Officer
Kevin Burnett, CSS Coordinator

A. Harry Moore CSS Program

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324 Duncan Avenue
Jersey City, NJ 07306
Phone: 201.547.6691
Fax: 201.547.8943

Tish Jackson, CSS Coordinator
Trena Hinton, Mobility Coordinator



Community & Supportive Services (CSSS) Program Newsletter

Lafayette Gardens & A. Harry Moore HOPEVI Revitalization Programs



JCHA Board of Commissioners
Chairperson Elba Perez-Cinclarelli
Vice-Chairperson Raj Mukherji
Commissioner Della Womack
Commissioner Edward Cheatham
Commissioner John Garvey
Commissioner Darce Toon
Commissioner Freddie Kitchens
Executive Director Maria T. Maio

60 Fremont Street
Jersey City, NJ 07310
COMMUNITY & SUPPORTIVE SERVICES
CSSS



1 A. Harry Moore Development Update

We rang out the old year in fine style with the receipt of Certificates of Occupancy for Gloria Robinson Court Homes Phase I and with the first families moving in just before the New Year!

The Developer is completing "punch list" items in the new apartments and families will continue to move in throughout January and February with the last families moving by March 1.

The 78 apartments of Phase II are well under way. We will likely start the application process in the Spring. Former A. Harry Moore residents in good standing will continue to have first preference for Phase II and will be provided with applications before the general public. 1, 2, 3, and 4 bedroom apartments will be available.

Less than 40 families remain on site and staff continues to work closely with the remaining families to safely relocate them as quickly as possible.

For those who did not know, Cathy Negrón, Relocation Officer retired at the end of December. Trena Hinton is assuming her work. Also, the JCHA is making plans to close **the on-site office** as we prepare to close up the last three high rises. We will let you know timing, new staff addresses and phone numbers in a separate mailing.

Pennrose Properties, the new developer partner for A. Harry Moore revitalization Phases III and IV will be at a **Community Meeting on Wednesday, January 28 at 6:00 pm** to begin the master planning process with residents. Phase III & IV will move quickly. We will submit a tax credit funding application for Phase III (approximately 52 rental apts.) in April and we will start demolition of buildings 1, 2, & 7 in the summer. Have your voice heard and join us to plan this transformation. **All are welcome!**

2 Lafayette Gardens Development Update

The big news is that Barbara Place Terrace received its Temporary Certificates of Occupancy from the Buildings Dept. on December 31 (the deadline). We are anticipating an early spring move-in. If you still have not received an application, please call Kevin Burnett at (201) 547-3721. Applications for the general public will probably be ready in February.

More good news: Interstate Realty Management has finally **hired a new manager, Cynthia Gainous, for Barbara Place Terrace and Lafayette Senior**. She began work December 23. Unfortunately, the delay in finding a manager delayed applicant selection. Cynthia will begin contacting residents in early January to complete the selection process.

Construction has begun on Ocean Pointe, the new 59-unit senior development on Ocean Avenue at Dwight Street. Interested Lafayette Gardens seniors will have first preference for this development.

The next on-site rental development, Glenview Townhouses did not get a tax credit award in November so we will apply again in April and are expecting an award in July.

Please note that Cathy Negrón, Relocation Officer, retired at the end of December. **Trena Hinton will assist Kevin Burnett in handling any future relocation needs of residents.** Trena will attend the HOPE VI Task Force meetings starting in January.

We continue to hold HOPE VI Task Force meetings at the Lafayette Senior Center on the 2nd Tuesday of each month at 6:00 pm. All are welcome.

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201.547.6675 (A. Harry Moore)

11 The Arc of Hudson County

The Arc serves people with developmental disabilities in the Hudson County community through The Arc of Hudson County. They have assisted families with information and referral services, recreation, a monthly support group, family support vouchers, an after school program for children with significant disabilities and an employment day program for adults with developmental disabilities. They also offer assistance with applications to the State for financial, insurance and service assistance; questions regarding services through DDD, DVRS, Medicaid, etc; housing; transportation; education and special education; legal concerns; and referrals to other community agencies.

Employment/Day Program - now in its tenth year of operation, the employment/day program serves adult consumers in their community, with employment, volunteer jobs and career exploration.

After School and Day Care Program - the After School Program is now in its fifth year of operation, serving children, ages 6-21 with developmental disabilities. Activities include recreation, social skills, academic assistance and activities of daily living training.

Family support voucher program - the program distributes voucher stipends to families through the DDD family support program.

Family Support Group - monthly support meetings provide family members of children and adults with developmental disabilities with educational materials, guest speakers and lectures on various topics concerning developmental disability issues.

Recreation Program - recreation and social skills activities are provided to individuals with developmental disabilities of all ages, according to the needs and interests of the participants.

For more information, contact:
The Arc of Hudson County
405-409 36th Street
Union City, NJ 07087
(201) 319-9229
www.archudson.org
ncabana.arc@verizon.net

12 Resolve to Keep Those New Year's Resolutions

Keeping a New Year's resolution may depend on following three simple steps.

- **Be committed.** You must think through what you want to change and commit yourself to the long-term process it usually takes to achieve change. You then need to come up with a realistic plan to help you reach your goals. For example, if you want to shed some pounds, create a weight-loss schedule and an achievable diet and exercise plan. If your family and friends are supportive, tell them about your goals. They can provide encouragement and reinforce your commitment to change. If necessary, seek professional help to assist you.
- **Be prepared for setbacks.** Don't think of them as complete failures, don't dwell on them, and don't let them make you give up your goals. After a setback, try to get back on track to reach your objective. Plan ahead on how you'll deal with setbacks. For

example, if you do have a cigarette when you're trying to quit, your plan may include calling a supportive friend to talk about it. Or you may want to review all the reasons you listed for wanting to stop smoking and why reaching that goal will make you happy.

- **Track your progress.** Motivate yourself by celebrating your successes and by getting positive feedback from supportive family and friends. A good approach is to evaluate yourself every week or two. However, don't over-monitor yourself by doing a self-assessment every day. That's just likely to end in frustration. Don't compare yourself to others. Accomplish your goal in a way that's best suited to you.

Source: [HealthDay News](#)